

Reports on the Effects Long-Term Participation In The Monroe Institute Programs

Participant O

How does the Spirit move across the Face of the Earth?

The Story of Participant O

She dreamed of becoming a famous athlete. Physical activities were “the moments of my most natural experiences. I would go into a zone and could stay there for hours.” However, when she went to university, she had a breakout experience in terms of her sexual awakening. “I had lots of relationships with different men.” She ended up marrying one of the men and took a job while he continued his education after they both had graduated. By no means was this just an effort to support her husband. She rose quickly in the company she had joined to eventually become a senior manager.

She eventually started and sold her own company in computer supplies. She felt “burned out” after just a few years and needed to do something else with her life. Moving to another city and starting a new career only led to another heart-breaking situation as her marriage fell apart and a new relationship started and ended badly. Her only guidance is that she needed to pay attention to her health. At the time, she was operating between two worlds, her private thoughts – “I spent a lot of time alone mentally, not physically” – and her public persona – “I got happiness and support from my social network.”

Understanding Transpersonal Experiences

- I am beyond the curiosity or interest in exploring the role of our minds in our experience of ourselves and others, to now having a firm conviction that we create the world around us with our thoughts. My work is like a prayer for me, whenever I face a new project and I don't know how to approach it I reach inside and wait for a visual to come to me. I am much more at peace with myself.

What is on the Other Side of the Rainbow?

Engagement of Multiple Intelligences

I played a lot of games with my sister. I remember playing Operator. I also remember a boy in Russia who I climbed trees with. I didn't have many friends so I would spend time alone – mentally, not physically. I lived in a city and would spend time observing others. While I didn't have imaginary friends or fantasies, I do remember thinking “Here I am 4 years old and it is the right age.” I had more philosophical thoughts about things.

- Ballet and modern dance.
- Started and sold a computer supplies company. Started and currently runs a business in health and wellness offering massage, exercise and diet classes, and meditation.
- Started and currently runs a staffing/ employment services business.
- Gifted athlete. Performed in a number of fields including skating, swimming, sailing, gymnastics, and track and field. Became a life guard as a teenager.

Other Personal Development Activities

- Certified Massage Therapist (after completing her MBA), read widely in occult philosophy, and completed The Course in Miracles.

Sense of “Being Called” To Be Present with Others

- My purpose, which is the covenant I made with myself before I was born, is sharing healing energy to help others through the trauma of the human experience.

Reflections

TMI has helped me get connected with my guidance, which was a turning point in my life. I have learned that just because I was good at something wasn't a reason for doing it. Purpose became more important to me.